

2005 Healthy Sandy Fitness and Exercise Fair

Saturday, September 17, 2005

Alta High School

8:00 A.M. – 11:30 A.M.

Fitness and Exercise Fair

The Fair will feature vendor booths, 5K and 10K races, a Gold Medal Mile Walk, children's activities, and free health screenings.



5K and 10K Races

The first annual "Sandy Classic" 5K and 10K race will feature a USAT&F certified course and cash prizes for top finishers. Registration is \$15 before Sept. 10 and \$20 for race-day registration. Immediately after the races, over 100 exciting prizes will be given to race participants. Call Sandy Parks and Recreation at 568-2900 to register for the race and get more information.

Gold Medal Mile Walk

Beginning at 9:00 A.M. you can participate in the Gold Medal Mile Walk. This legacy from the 2002 Salt Lake Olympics encourages all citizens to stay physically fit. All who complete the mile walk will receive a free "Utah Walks" pin.

Vendor Booths

Fitness Vendors from around the community will be at the fair to offer health screenings, fitness information, and product samples and demonstrations. There will also be activities for children of all ages.

Free Pedometers

The first 500 attendees to the fair will receive a free pedometer!

For More Information

For more information, please contact the Sandy Parks and Recreation Department at 568-2900.

